

Dallas Cowboys

43

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Bruce,

This is the 4-3 that Dave Wannstedt
used at a. miami / cowboys / + Bears.

* It has been widely circulated - except
the last 4 pages on their trademark
" 1/4 " coverage (which is generally not
given out). We went out there in 1995 + 1996.

4-3 DEFENSIVE PHILOSOPHY

PRINCIPLES OF THE 4-3 DEFENSE

1. SWARM - This is the first and foremost principle of the 4-3 defense. Great swarm prevents scores. In the final analysis, the effectiveness of a defensive team is measured by the number of points scored against it. This is also the best way to "intimidate" an offense.
2. "OUT PHYSICAL" THE OPPONENT - Every Saturday our opponents must fear the idea of playing against a tough, physical defense. There is a direct correlation between this and our swarming ability. This also pertains to being a great tackling team. We must tackle in a hard, aggressive, wrapping fashion. Mistackles will not be tolerated. Mistackles is the disease that can completely cripple a defense.
3. ASSIGNMENT EXECUTION - Each man must know his individual assignment responsibility on every defense and execute, to the best of his ability, each play. Any gambling or hunch defense by an individual can only lead to a breakdown of our team effort and cause a long run or pass.
4. NO LONG RUNS OR PASSES - Through team effort we will keep all gains to a minimum and prevent the long run or pass for a score or force an offensive error or turnover.
5. CONFIDENCE - When we break the huddle, we are confident in what we are doing. Confidence is contagious. Cockiness is stupidity. We have a confident, fearless attitude about playing this game. We will be a great defense.

WHAT MAKES A SUCCESSFUL TEAM DEFENSE

1. Each individual must believe in our defense. Each individual must have confidence in himself - "I, personally, will not let the ball over the goal line!"
2. On every offensive play or pass, eleven defensive men have an assignment to carry out. If one man fails, all eleven fail.
3. Pursuit and gang tackling are the two most important parts of our team defense.
 - A. It is difficult for the ball carrier to get loose when 5 or 6 players are trying to get a piece of him.
 - B. Demoralize the ball carrier.
4. Aggressiveness must be developed and maintained. Anyone can play; defense is reaction, movement, and hitting.
5. We must STOP the THIRD DOWN play.
6. We stop all teams inside our 10. They shall not score!
7. Overall team speed, quickness, and lateral movement must receive top priority.
8. Each defense has its strengths and weaknesses - KNOW THEM!
9. When a SUDDEN CHANGE or HURRY HURRY situation occurs, we must mentally arise to the occasion.

THE KEYS

1. MAKE THINGS HAPPEN.
2. TAKE CHARGE OF THE SUDDEN CHANGE AND HURRY HURRY.
3. NEVER ALLOW THE BIG PLAY AGAINST US.
4. MAKE THE GAME BREAKER.
5. PROPER KICK-OFF COVERAGE.
6. NO MISTAKES ON PUNT RETURN.
7. TEAM UNITY.
8. PRIDE AND POISE.

WHAT KIND OF DEFENSE WILL WE HAVE?

In order to have a great defense, you know we must have great pursuit and gang tackling. What will we need to do in practice in order to have great pursuit and gang tackling?

1. We must be in top condition physically and mentally. This will mean a lot of running and film viewing.
 - A. We will run a lot of sprints - for endurance and speed.
 - B. You will get mad, but you must force yourself.
 - C. You may hate us for making you run, but you still will run, run, run.
 - D. Every time you run a sprint you are either running for a better or a poorer team.
2. We must swarm the ball and be sharp in practice.
 - A. Everyone is required to break the huddle sharp.
 - B. You play the way you practice.
3. We must practice tackling, particularly open field, every day.
4. We must play the ball on pass defense.
5. We must have great pride and confidence in each other and in our 4-3 defense.

WHAT THE MIND CAN CONCEIVE AND BELIEVE
THE MIND CAN ACHIEVE

THE WINNING EDGE

1. SAVE TIME: Ball carrier out of bounds - in and out of huddles, save one time out for field goal.
2. KILL TIME: Get up slow
 - 1st Down - Use all time possible
 - 2nd Down - Don't snap ball - take penalty
 - 3rd Down - Use all time possible
 - 4th Down - Take one penalty

If you want to give safety, take ball and run around. Do not be tackled and fumble. Step out of End Zone or put knee down before being tackled.
3. If you lose the ball on fumbles, oskies, fail to score after a drive, or get any type of bad break, you must be doubly tough on defense to overcome the psychological letdown.
4. If a lineman partially blocks a punt and it then crosses the line of scrimmage, is it a free ball? Suppose it goes high in the air and you are across the line of scrimmage with an opportunity to catch the ball among several others, what do you do?
5. What does "Peter" mean?
6. When we have a punt return, be sure the ball is kicked before rolling back for the return.
7. What is the rule for an onside kick-off? Can you fair catch an onside kick?
8. What is the rule on a punt rolling inside the ten yard line - Down it.
9. In a close game, don't be offside on a field goal or extra point. It may give them a first down or 1 1/2 yards to go for a two point try.
10. Don't rough the kicker or holder on place kicks:
 - A. Kick Bad - Another try.
 - B. Kick Good - 15 yard penalty on ensuing kick-off.
 - C. Know where the blocking spot is.

Play pass - Linemen, when you lose contact of a block downfield, drop to the ground.

THE WINNING EDGE

1. CRITICAL SITUATIONS:

Third Down is the BIG DOWN.

1st & 2nd Down - Offense trying to set up a 3rd and short.
Defense trying to set up a 3rd and long.

Third Down means great and intelligent effort. When the defense is behind 2nd & 5, for example, someone must make the BIG PLAY.

Talk them out of screen and draw. Everyone must recover and make the play on them on these plays.

2. THE KICKING GAME:

This is about one-third of the game. (This is why we work on it first in practice.)

Coverage: Bust a gut for 30 to 35 yards under control.

KICK-OFFS

Five (5) Don'ts on the Kicking Game:

1. Don't be offsides.
2. Don't rough the kick or holder.
3. Don't clip.
4. Don't block below the waist.
5. Don't let the ball hit the ground.

KNOW THE BLOCKING POINT

GO OVER THE FIELD POSITION CHART:

Cover rule on onside kick-off.

When will they try:

- A. Just before half.
- B. When behind.
- C. After a 15 yard penalty, kicking from your 45.

Play each game as it comes.

1. Be ready to play through practice.
2. Practice like you play.

A confused football player cannot be an aggressive football player. If you are confused or don't know what to do on an assignment, always ask your coach.

It is your responsibility to know what to do.

DOWN AND DISTANCE THEORY

As a defensive unit, we must at all times know the down and distance situation. Our opponents will, in most instances, classify themselves according to down and distance as to the formations they will use and the type of play (pass) or (run - inside or outside) we should be expecting. With this in mind, you should memorize the following down and distance chart to better help you understand how we try to act our Defenses up and to help you prepare yourself for the situations that will present themselves.

1 & 10
 2 & +3 +4 +5 +6 (Normal)
 2 & +7 or more (Long)
 3 & +1 +2 +3 (Short)
 3 & +3 +4 +5 +6 (Normal)
 3 & +7 or more (Long)

A. 1st Down and 10

We must expect in this instance either pass or run and use one of our combination defenses which gives us an excellent running defense plus a strong passing defense. At times, due to calculated frequencies through our scouting system, we may concentrate more emphasis on one phase of their attack rather than the other in this particular down and distance. Good time to offset or use sound stunt to cause blocking problems.

B. 2nd Down and 1 or 2 - Waste Down

Many teams have a tendency to go for a home run play on 2nd down and one or two.

C. 2nd Down and Medium 3, 4, 5, 6 Yards to Go

In this situation percentages tend to show that most teams will favor their running attacks, although this does not eliminate the possibility of a pass. Due to such a percentage, we would tend to select one of our running defenses that is designed to impair our opponent's running game, but still gives us ample pass coverage.

D. 2nd Down and Long 7 or More Yards to Go

Due to a high frequency of pass plays by most teams in a 2nd and long situation, we will concentrate our defenses on stopping the passing game. Good time to rush passer.

E. 3rd Down and Short 1, 2, or 3 Yards to Go

We must expect our opponents to select their best offensive play in this situation. We will definitely concentrate on stopping their best play with our best running defense. Our theory is to meet strength with strength in this situation. We must stop their offense for no gain or a loss in this situation.

F. 3rd Down and Medium 4, 5, or 6 Yards to Go

We regard this situation in theory the same as 2nd Down and normal, but whatever the offense selects to run against us, we must hold them to less than 6 yards to force them into a kicking situation.

G. 3rd Down and Long 7 or More Yards to Go

In this situation we find, through percentages, that most of our opponents tend to rely upon their passing game more frequently than their running game. With this in mind we will select one of our defenses that is designed to give us maximum pass coverage. In other instances, we may select one of our blitzing defenses to cause the opposing quarterback to suffer from undue pressure, thus disturbing the timing of their passing attack.

GENERAL THOUGHTS

Things we should know and be consistently aware of:

1. DEFENSIVE CALL - Never leave the huddle without knowing the call. Listen and concentrate on the call. Do not let your mind wander.
2. CALL KNOWLEDGE - Know what you do in pass and run. Know what your priority is. Know your alignment and any adjustments that could come about. Also know why and when we call it. Know the coaches' thoughts as to why we called it.
3. STRENGTH AND WEAKNESS OF OUR DEFENSE - Know, pertaining to your position, the strengths and weaknesses of what you must do and what can happen to you. Example: Strong Safety in Cover 9. This is called for stronger run support versus run and #2 receiver vertical threat versus pass.
4. KNOW SITUATIONS
 - A. DOWN AND DISTANCE - You should always know the down and distance. Every defense called will be predicted by down and distance to go. Opponents call their offense by down and distance too. Know what to expect on each down and distance situation according to field position.
 - B. FIELD POSITION - This is equally or even more important than down and distance. You should know what the opponent will do backed up on his own goal line. Will he gamble? At what position on the field will he run his regular offense? At what position will he use trick plays and gamble on 4th down, etc.
 - C. KNOW THE QUARTER AND TIME REMAINING - Many a game has been lost because a team misjudged the time left to play in each half and what an opponent does during this time. In games where two teams are equal, the time employed intelligently by a team often determines the winner. Our defensive play can determine whether or not the offense can control the time.
5. TENDENCIES
 - A. FORMATIONS - What is the opponent's tendency by formation? Does he run to or away from his formation? Every formation has a favorite play from it, and you should know this play or plays. We will stop this favorite play by formation and force him to run something which will not win for him.

- B. HASHMARK TENDENCIES - Not only to formations tell you a great deal, but a team may have a hashmark tendency. Scouting reports will tell you exactly what the tendency has been up until our game on the hashmark. Many teams prefer to run to the wide side, yet others have what we call a hashmark or short side attack.

6. OPPONENT'S OFFENSE

- A. HUDDLE - Know where their people line up in their huddle (to determine strength quickly). You should always be aware of a no-huddle play when the opponent is behind and time is running out.
- B. ALIGNMENT - Know if they run from pre-shift formation. Know if they like to go on a quick or long count and in what situation do they do this. Know if they take unusually large line splits. This may encourage certain dogs if the splits are above average.

7. SPECIAL SITUATIONS

- A. Know who the opponent calls on in the clutch.
- B. Know how the change of quarterback affects the game.
- C. Be aware of a play being run at our new substitute after an injury to one of our own men.
- D. Watch for the home-run play after we have lost the ball on a sudden change.
- E. Every time the opponent puts in a substitute, be sure to recognize his number and position. This could constitute a change in our defense.
- F. Be aware of our substitution and who is in the game for us.

SUDDEN CHANGE SITUATIONS

SUDDEN CHANGE is the real test of a great defensive team. The score is 7-7 in the fourth quarter and we have just stopped our opponents on our own 28 yard line. We have just sat down on the bench; we feel good and relieved. We have just stopped them after a long drive. We can sure use the rest. As our offensive team starts to drive the ball out from the 28 yard line, a fumble on the first play occurs and our opponents have the ball on our 24 yard line! This is a sudden change situation.

What are the feelings of the two teams at this time?

YOUR OPPONENTS:

1. What a great break.
2. We have them on the ropes now.
3. Their defense will be tired.
4. Let's hit them quickly.
5. Our defense did a great job getting the ball.

OUR THOUGHTS

1. What a lousy break.
2. They have us in a big hole.
3. I am tired; I don't know whether I can hold out again.
4. Boy, I hope someone comes up with a big play.
5. Our offense sure put us in a hole. How could they do it?

I think you see why it takes a great defense to overcome a sudden change situation. Our opponents will be mentally up, and unless we prepare ourselves, we will not.

WHAT YOU MUST DO!

1. Always huddle up before you back into the game.
2. Gain control of your thoughts and get yourself ready to play defense again.
3. Realize that you must get yourself and your team up mentally.
4. Go all out to make the big play yourself.
5. Now is the test of our defense. Accept the challenge.
6. When we stop them now, we will have even a greater psychological advantage.

THE SUDDEN CHANGE IS OURS!!! We can do an excellent job in this area if we are mentally ready for it!

TACKLING

When a defense plays poorly, a major contributor to that lack of success is usually poor tackling. Tackling is a base fundamental of playing successful defense. Fundamentals are skills that can be taught, learned and constantly improved upon. It is imperative that each player have a thorough understanding of how we tackle, the different types of tackles, and what we want to accomplish from these different types of tackles. The most important part of tackling is (obviously) stopping the forward progress of the ball carrier by bringing him to the ground. Like all football skills, there are elements of tackling that are consistent in all types of tackles. The prerequisite, however, is a good football position. This is the most comfortable and natural position from which a football player can operate. The following points outline a good football position:

1. Bend at the legs, not in your back.
2. Your back should be straight with you head up and tail down. This should balance the weight of your body over the balls of your feet. (Never get over-extended or have your weight in front of or behind your feet.)
3. Your weight should be on the balls of your feet, with your toes slightly pointed in.
4. Your feet should be spread about shoulder width with arms dangling in a comfortable position with elbows slightly bent.
5. Make sure you can "operate" from side to side.

There are five elements that are essential in all types of tackles. These are consistent in every situation that you can be placed in. A mastering of the following will improve your tackling immensely:

1. EYES - Your eyes should concentrate on the numbers of the ball carrier. All reactions come from what you see. Your overall body control comes from what your eyes tell the body to do. Concentration on the hips or belt buckle has a tendency to cause to body to bend over (too much) and over-extend.
2. CONTACT POINT - This is the part of your body that makes initial contact with the ball carrier. Your head should be up with your neck bulled. Your shoulders should end up in the number area of the ball carrier.
3. SHOULDERS PARALLEL - Your shoulders should be parallel when you gather to tackle. This will allow you to react properly in either direction. NOTE: Shoulders should be parallel to aiming point on ball carrier.

4. ARM WRAP - Upon contact, your arms should come up alongside the ball carrier. You lock your arms around the body of the ball carrier. If you cannot lock, then grab as much cloth of the ball carrier as you possibly can. The combination of arms and legs will determine whether a ball carrier falls forward or backwards after contact.
5. LEGS - Your legs are very important in getting lift into your tackle. This will offset the forward drive of the ball carrier by getting his cleat off the ground. When you make contact, you should "rise" through the ball carrier. Your legs also are essential in driving the ball carrier backwards following initial contact. The ability to move your legs "through" a ball carrier is essential.

To be a successful tackler you must make judgments as to when to use certain types of tackles. However, you cannot allow these judgments to distract your natural ability in getting the job done. End result is always the most important statistic. "Did you tackle him or not?" The following is an explanation of the types of tackles we have. Note that there are certain types that are appropriate for different situations.

1. SELLOUT TACKLE - This is probably the most often used type of tackle. It is the most subconscious tackle of all. This is used when you feel or see teammates around you. This is a reckless tackle that you employ because you know you will have immediate help. Sellout tackles are usually the hardest hitting tackles. They create the most violent collisions. In this type of tackle you hit the ball carrier as hard as you can. In a sellout tackle the following coaching points should be noted:

OBJECTIVE - Make the tackle. Create a reckless collision. Take a chance.

- A. Run through the ball carrier after finding target point.
- B. Keep head up.
- C. On initial contact, explode your hips into the ball carrier.
- D. Never stop your feet.
- E. Do not hesitate. Example: You could be coming from quite a distance.

You have done a great job in a sellout tackle if your cause a fumble or violently knock a ball carrier backwards.

2. ANGLE TACKLE (SIDELINE) - Many people think football is a game of angles. We must be able to angle tackle properly. This year will continue to have great swarm on defense. Swarm and angle tackling coincide. An angle tackle occurs anywhere between a 45 degree and a 90 degree angle created by the tackler's position in relation to the ball carrier. Angle tackles can occur with long and short distances between them. For example: A Rover can make an angle tackle after running 20 yards. On the other hand, Mike can make an angle tackle by shuffling two yards and scraping off tackle or off Sam. In an angle tack, the following coaching points should be noted:

OBJECTIVE - Make an inside-out tackle on a ball carrier by approaching on a path so as not to allow him to cut back across your face.

- A. Bring your speed under control once you realize you must perform an angle tackle.
- B. Position yourself in relation to the ball carrier, so that if he decides to cut back across the grain, he will run directly into you.
- C. On approach to the ball carrier, your aiming point should be the near shoulder.
- D. On contact, (with the near shoulder) attempt to "jar" the ball carrier in an east-west direction. As you make contact, reach your outside arm across his body to his outside shoulder. Your inside arm should come across his back following the initial contact and outside arm follow through.
- E. Wrap your arms and drive your feet through him.

The angle tackle becomes an upper body tackle. You have done a great job if the ball carrier does not cut back across your face.

3. SURE TACKLE - This is also commonly known as an open field tackle. This is used in a situation when you must bring the ball carrier down by yourself. This usually occurs in the open field. A sure tackle can also occur (at times) on a quarterback sack. Before describing a sure tackle, you must understand body balance and control. You must not be faked out in this situation. Patience and field awareness are two characteristics that you must be aware of. In a sure tackle the following coaching points should be noted:

OBJECTIVE - To make a high, sure tackle. Make sure you grab some part of cloth or some part of the ball carrier. Do not allow him to get away.

- A. Bring your body under complete control.
- B. Do not stop your feet from moving.
- C. Keep the weight on the balls of your feet.
- D. Allow yourself enough distance to be able to move either side once the ball carrier declares himself.
- E. Keep your eyes on his numbers and midsection. Do not go for a shoulder or head fake. Do not duck your head.
- F. As you begin to wrap, grab and keep high.
- G. Do not leave your feet until you feel him going down.

The sure tackle is a high tackle. You have accomplished this if you get the ball carrier down on the ground. You are not necessarily looking for a tackle in which you knock the ball carrier backwards.

- 4. GOAL LINE TACKLE - This type of tackle is used mostly by linebackers and safeties in goal line and short yardage situations. It can also be used in normal situations. Goal line tackles should knock a ball carrier backwards. They are usually high tackles that occur above a pile of bodies or in mid-air as a ball carrier attempts to jump across a goal line or certain point. In a goal line tackle the following coaching points should be noted:

OBJECTIVE - Make a "high, hard" tackle and knock the ball carrier backwards. Do not allow any forward progress. Stop him in mid-air, and you will get immediate help.

- A. Stay square.
- B. When you see the ball carrier, explode up through his numbers. As you explode, bring your hips through and up into the ball carrier.
- C. All movement must be done in a lateral fashion.
- D. Keep your head high.
- E. Keep your feet moving.

You have done a great job in a goal line tackle if you stop the progress of the ball carrier in mid-air and knock him backwards.

- 5. SOLID TACKLE - This is also referred to as a "form" or perfect tackle. A solid tackle is a tackle that exhibits all the components of tackling in a face up situation of a ball carrier and a tackler. A solid tackle is a tackle that occurs probably five to six times a game. This is the type of tackle you must learn first. In a solid tackle the following coaching points should be noted:

OBJECTIVE - Bring the ball carrier to the ground from a face up situation by executing all the components of a base tackle.

- A. When you see the ball carrier, focus in on his numbers with your eyes.
- B. Aim your shoulder pads for his numbers.
- C. Make sure you keep your shoulders square with him.
- D. As you begin to make contact, throw your arms around him as you follow through with your hips.
- E. Keep your feet moving.

You have done a great job in a solid tack if the ball carrier snaps backwards after contact and you put him on his back.

In all phases of tackling, the mental attitude which you take to tackle is of extreme importance. A burning desire to accomplish this skill will always supersede perfect form. If you have the combination of the two, you can be devastating. Tackling (and swarm) is what defense is all about. Violent tackling discourages ball carriers from running hard. Violent tackling can change the momentum of an offense and a game.

Ask yourself how good a tackler you are. You can improve. You will improve. We will not miss tackles this year.

TACKLING COACHING POINT CHECKLISTGENERAL TACKLING

1. Eyes
2. Contact point
3. Shoulders parallel
4. Arm wrap
5. Legs

SELLOUT TACKLE

1. Run through target
2. Head up
3. Explode hips
4. Feet moving
5. Don't hesitate

ANGLE TACKLE

1. Speed under control
2. Inside out position
3. Near shoulder aim
4. "Jar" ball carrier
5. Arm wrap

SURE TACKLE

1. Body control
2. Feet moving
3. Weight on balls of feet
4. Give enough distance to react
5. Eyes on numbers
6. Wrap high
7. Don't leave feet

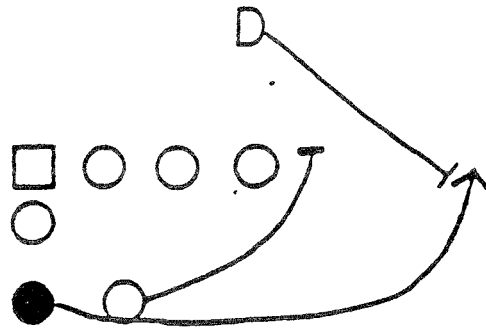
GOAL LINE TACKLE

1. Square
2. Explode up and through
3. Move laterally
4. Head high
5. Feet moving

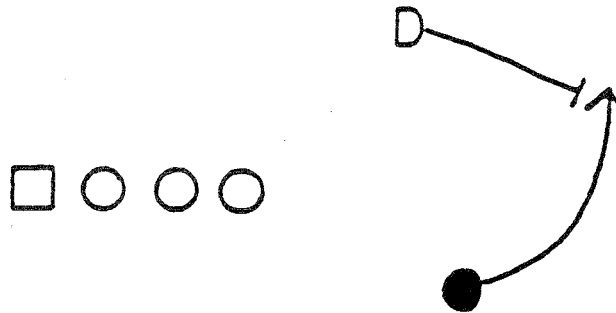
SOLID TACKLE

1. Eyes
2. Aiming point
3. Shoulders square
4. Hip/arm follow through
5. Feet moving

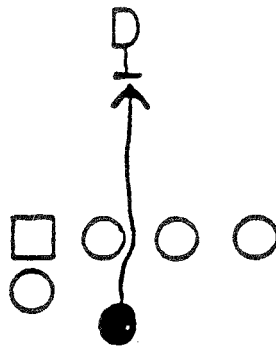
SELLOUT TACKLE



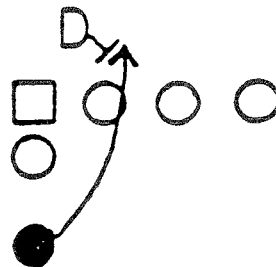
ANGLE TACKLE



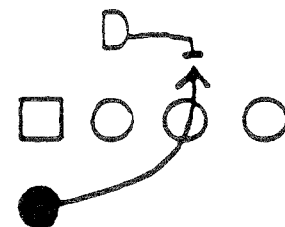
SURE TACKLE



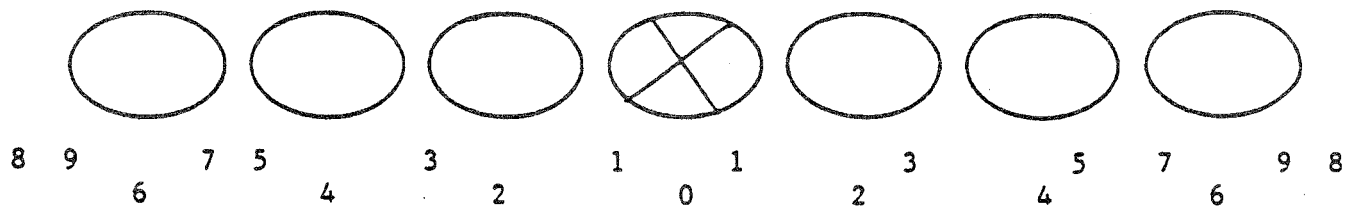
GOAL LINE TACKLE



SOLID TACKLE

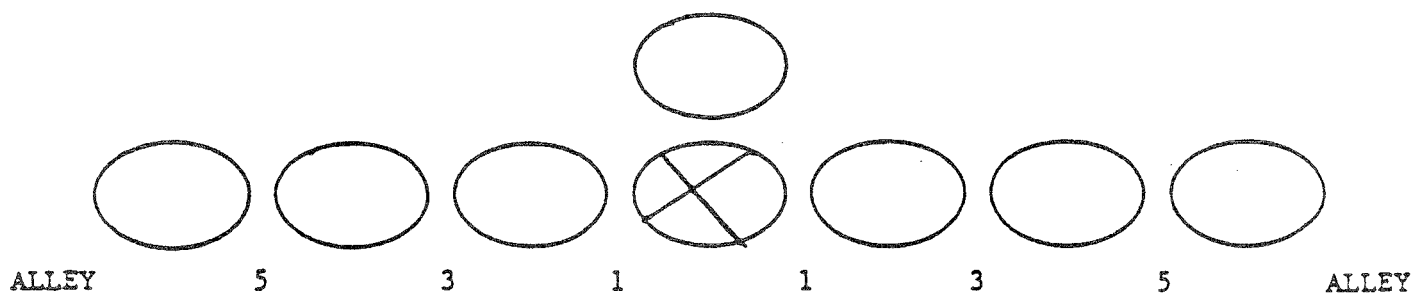


DEFENSIVE TECHNIQUE NUMBERING

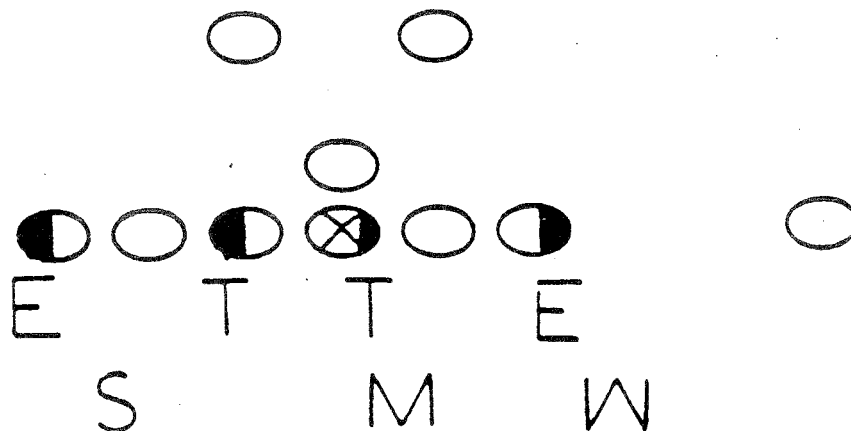


GAPS

- 1) "1" Gap - Area between Center and Guard
- 2) "3" Gap - Area between Guard and Tackle
- 3) "5" Gap - Area between Tackle and Tight End
- 4) "ALLEY" Gap - Area outside of Tight End



SHADE



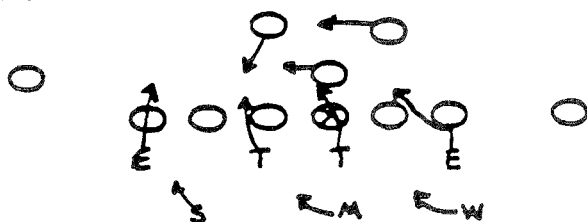
<u>POSITION</u>	<u>ALIGN.</u>	<u>TECH.</u>	<u>KEY</u>	<u>RUN TO</u>	<u>RUN AWAY</u>	<u>PASS</u>
RT. END	5	5	TACKLE	5 GAP	TRAIL	CONTAIN
LT. END	9	9	TIGHT END	5 GAP TO ALLEY	TRAIL	CONTAIN
RT. TACKLE	1	1	CENTER	1 GAP	PURSUE	INSIDE RUSH
LT. TACKLE	3	3	GUARD	3 GAP	PURSUE	INSIDE RUSH
SAM	50	50	BACK KEY TACKLE	5 GAP TO ALLEY	CHECK 1 GAP PURSUE	COV. CALLED
MIKE	STACK 20	3	BACK KEY	3 GAP	CHECK 1 GAP PURSUE	COV. CALLED
WIL	60	6	BALL TO NEAR BACK	ALLEY	BALL, 3 GAP CUT BACK	COV. CALLED

ADJUSTMENTS:

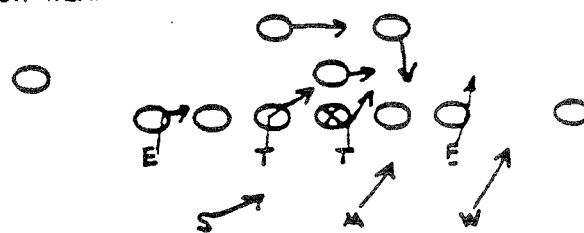
ONE BACK: LINEBACKER ADJUSTMENT.
TRIPS: SECONDARY ADJUSTMENT, CHECK GAME PLAN.

COVERAGE CALLS:

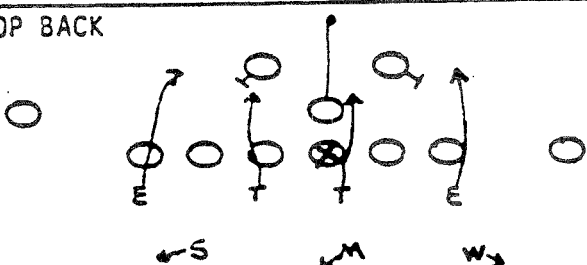
RUN STRONG



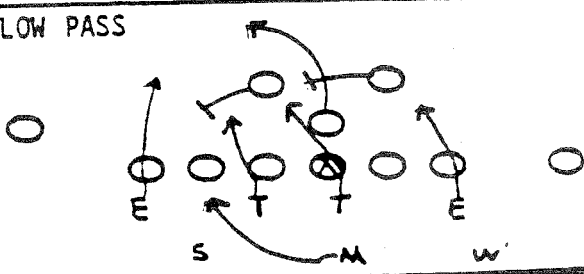
RUN WEAK



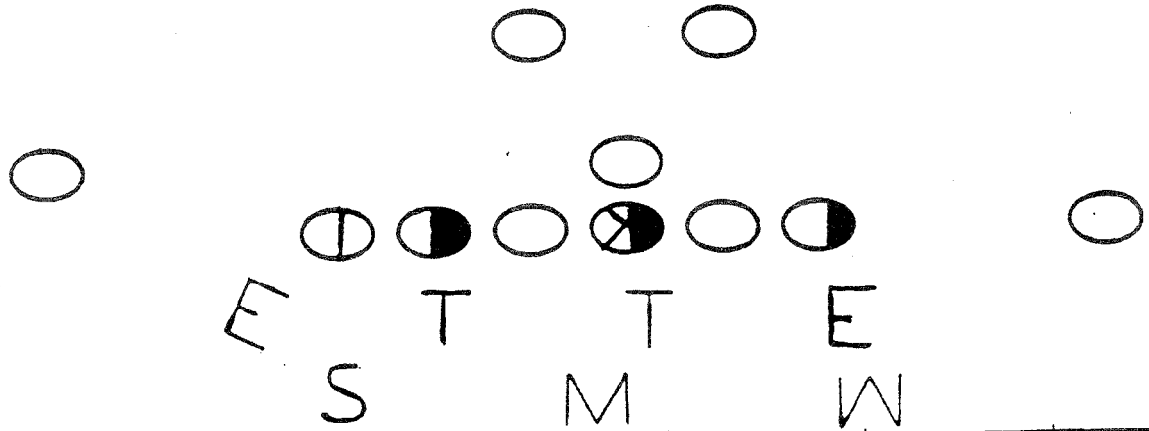
DROP BACK



FLOW PASS



WIDE



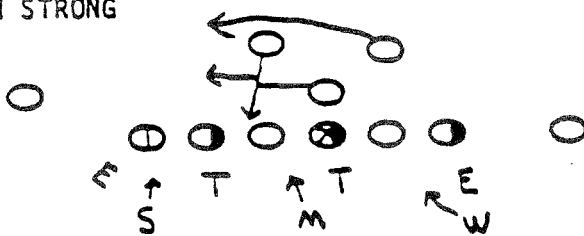
POSITION	ALIGN.	TECH.	KEY TACKLE	RUN TO 5 GAP	RUN AWAY TRAIL	PASS CONTAIN RUSH
RT. END	5	5				
LT. END	8	8	TIGHT END	ALLEY	TRAIL	CONTAIN RUSH
RT. TACKLE	1	1	CENTER	1 GAP	1 GAP	INSIDE RUSH
LT. TACKLE	4	4	GUARD	3 GAP	3 GAP	INSIDE RUSH
SAM	60	60	NEAR BACK	5 GAP	FOLD 1 GAP STG.	COV. CALLED
MIKE	10 STRONG	10 STR	NEAR BACK	1 GAP	3 GAP TO BALL	COV. CALLED
WIL	50	50	NEAR BACK	ALLEY	3 GAP TO BALL	COV. CALLED

ADJUSTMENTS:

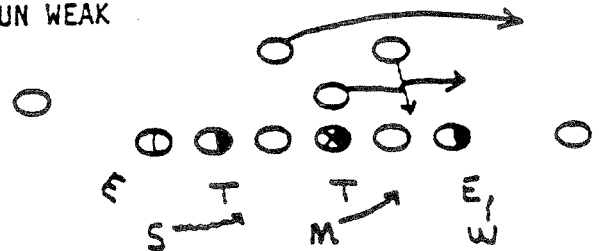
ONE BACK BALANCED: SAME AS TWO TITE.
TRIPS: SECONDARY ADJUSTMENT, CHECK GAME PLAN.

COVERAGE CALLS:

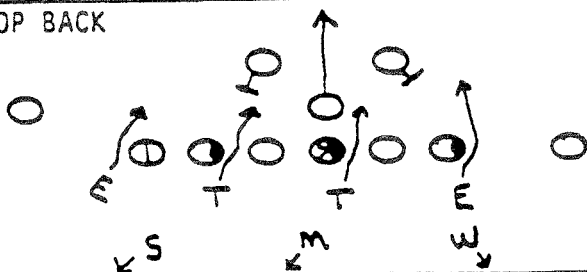
RUN STRONG



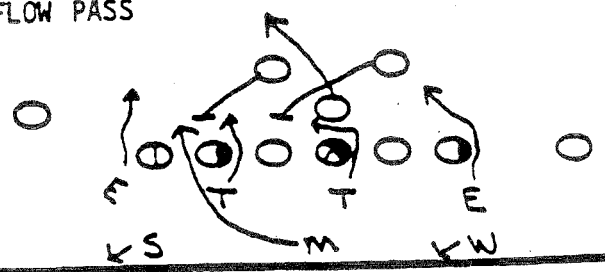
RUN WEAK



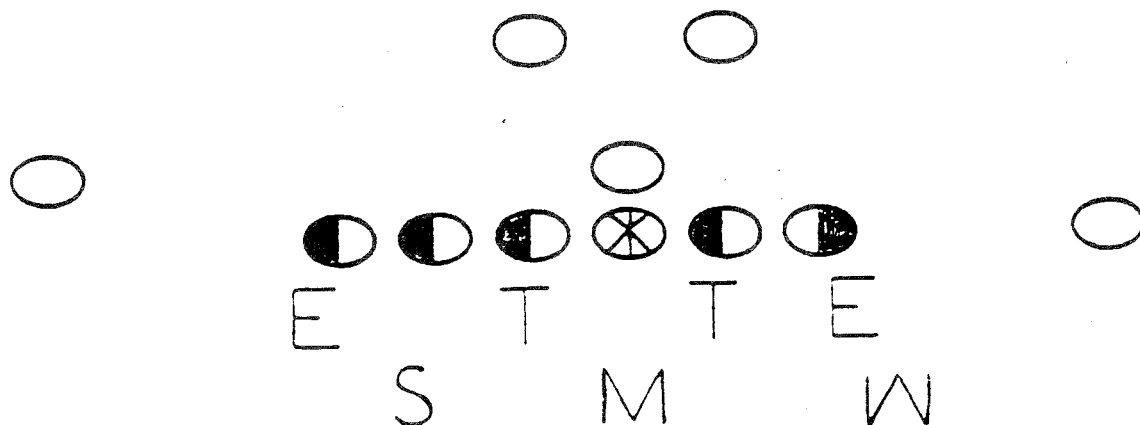
DROP BACK



FLOW PASS



BASE



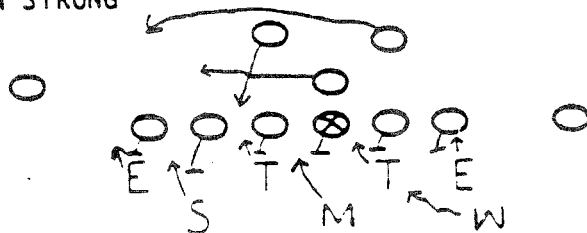
POSITION	ALIGN.	TECH.	KEY	RUN TO	RUN AWAY	PASS
RT. END	5	5	TACKLE	5 GAP	TRAIL	CONTAIN
LT. END	9	9	TIGHT END	5 GAP TO ALLEY	TRAIL	CONTAIN
RT. TACKLE	2	2	GUARD	1 GAP	PURSUE	INSIDE RUSH
LT. TACKLE	3	3	GUARD	3 GAP	PURSUE	INSIDE RUSH
SAM	5	5	BACK KEYS	5 GAP TO ALLEY	CHECK 1 GAP PURSUE	WALL TO CURL COV. CALLED
MIKE	0	0	CENTER	1 GAP STR.	3 GAP WEAK	COV. CALLED
WIL	6	6	BALL TO NEAR BACK	ALLEY	3 GAP, CUT BACK, BALL	COV. CALLED

ADJUSTMENTS:

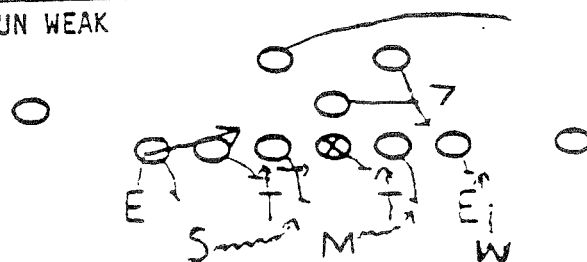
ONE BACK: NO ADJUSTMENT.
TRIPS: SECONDARY ADJUSTMENT, CHECK COVER 3.

COVERAGE CALLS:

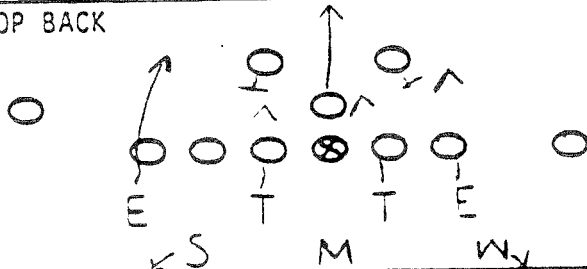
RUN STRONG



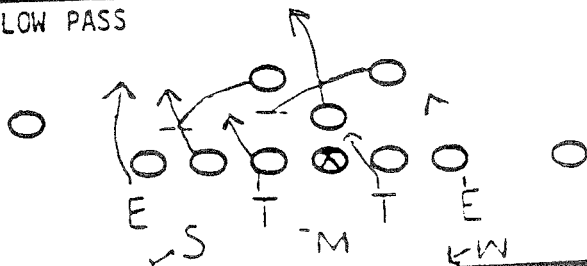
RUN WEAK



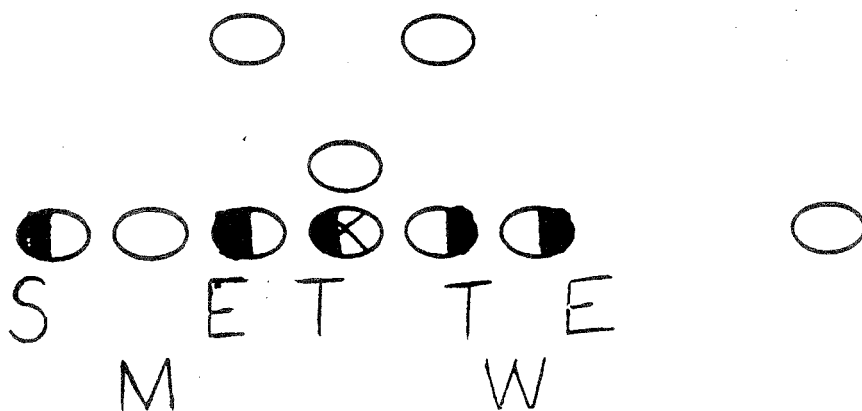
DROP BACK



FLOW PASS



TITE

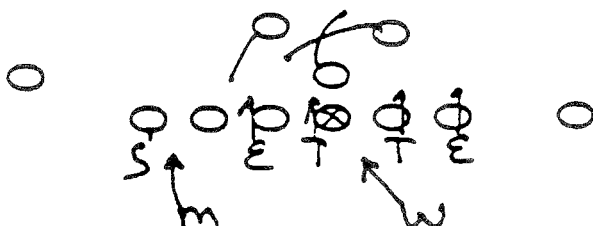


POSITION	ALIGN.	TECH.	KEY	RUN TO	RUN AWAY	PASS
RT. END	5 TECH	5	TACKLE	5 GAP-ALLEY	TRAIL	CONTAIN
LT. END	3 TECH	3	GUARD	3 GAP	TRAIL	CONTAIN
RT. TACKLE	3	3	GUARD	3 GAP	SQUEEZE	INSIDE
LT. TACKLE	1	1	CENTER	1 GAP	SQUEEZE	INSIDE
SAM	9	9	TIGHT END	ALLEY	SQUEEZE CUT BACK	RUSH OR COV. CALLED
MIKE	50	5	BACK	5 GAP	1 GAP WK	COV. CALLED
WIL	30	3	BACK	1 GAP-ALLEY	1 GAP	COV. CALLED

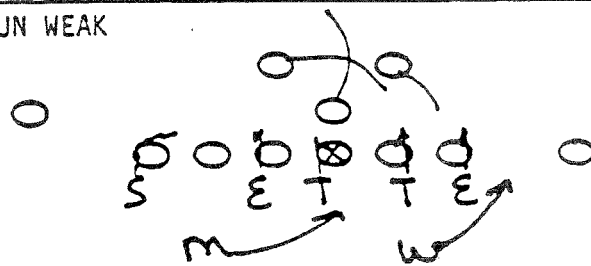
ADJUSTMENTS: 2 TE's: NORMAL 7 TECHNIQUE ADJUSTMENT BY END AND WILL.

COVERAGE CALLS: 2/3; 25/3; 4 - WILL, FREE SAFETY, CORNER; 5 - SNAKE.

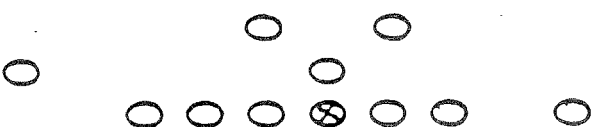
RUN STRONG



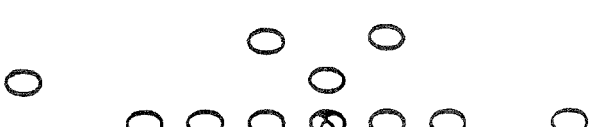
RUN WEAK



DROP BACK



FLOW PASS



PASS RUSH TECHNIQUES

MENTAL APPROACH

PRESSURE ON THE PASSER

It is always considered a great compliment for a defensive team to lead in quarterback traps, especially if they also lead in the defense against the run.

More important than the number of quarterback traps though, is putting constant pressure on the passer, forcing bad throws, forcing him to run, in general, making him so jittery his timing and effectiveness are destroyed.

Our goal against the pass is to destroy the passing attack. If during the process, we set records for quarterback traps or interceptions, then we have just added "frosting to the cake."

The basic key for success is to develop the desire to get to the passer ... NEVER LETTING UP ... always applying PRESSURE.

A. DRIVING FOR THE PASSER

1. Squeeze his area of operation; reduce his passing lanes.
2. Force him closer to another rusher.
3. Do not give him time for 2nd choice receivers.
4. Force him out of his throwing area.
5. Force him to throw on the move.
6. For him to run ... he is most likely a poor runner and susceptible to injury.
7. Throw him for a loss.
8. Cause him to fumble.
9. Make him lose confidence in his protection.
10. Make him lose confidence in his protection.

B. GETTING THE HANDS UP

1. Divert quarterback's attention.
2. Bat the ball down - "watch his elbow!"
3. Tip it for an interception.
4. Force a bad throw.
5. Force quarterback to pull ball down and run.
6. Force elevation of throw ... give secondary more time for adjusting ... more range ... easy interception.

C. BASIC FUNDAMENTALS

Regardless of the technique you use, there are basic fundamentals which are vital in order to be effective.

1. Anticipation and quick recognition of a pass.
2. Quickness and decisiveness on your initial move.
3. Co-ordination of the hands, feet, and head movements.

4. Keeping your momentum towards the passer without lost motion. We must get penetration into the throwing zone and force the passer to move from his roost ... divert his attention.
5. Keeping your shoulders forward of the feet to prevent blocker from getting under you.
6. Concentrate first on blocker while your feet get you to the quarterback.
7. If you have not reached the passer, get your hands up as he start to throw to block the ball, force elevation of throw or make him pull it down and run.
8. Once the ball is thrown, spring in direction of throw to block for an interception return. In case of a short pass, get in on a cleanup tackle or recover a fumble.
9. If you are blocked out of your lane, work back through your lane. Do not overrun the quarterback.

Work on strengthening the hands and arms daily. This will make you more effective with you hand grabs, slaps, pulls, and throws. Do not become stereotyped in your rush; however, one perfected move with a counter is all you need to go with the change-up you get from various blitzes and stunts. Whatever your physical traits may be, mental toughness, pride, and desire to excel have no peer!

D. KNOW YOUR OPPONENT

It is important that you know all types of blocking techniques that are used in protecting the passer; however, it is equally important that you know your opponent. Each game will present you with a different blocker, and it is vital that you study his techniques and search for a weakness that you can exploit.

E. MISTAKES BY BLOCKERS THAT CAN BE CAPITALIZES ON BY RUSH MEN

1. False step.
2. Slow shoulder.
3. Tackles and guards with extreme stances.
4. Stance variations in run and pass situations.
 - A. Weight distribution.
 - B. Foot alignment.
 - C. Split.
 - D. Depth on L.O.S.
5. Set angles.
6. Stiff arms.
7. Poor body balance.
8. Slow feet.

NOTES ON PASS RUSH

PRE-SNAP

1. Have a plan (pre-determine your move). Picture what you are going to do when ball is snapped. This will greatly aid your quickness.

You should be:

- A. Confident
- B. Coiled
- C. Combustible
- D. Concentrating

ON-SNAP

2. EXPLODE ON SNAP! Gain ground on each step. Keep good body angle until you make contact with blocker.
3. GET HAND CONTROL of blocker as soon as possible. Break down arm extension.
 - A. Grad should be vise-like.
 - B. Butt should be made bull-necked, with simultaneous grabs.
4. KEEP FEET MOVING! Do not lunge.
5. STAY IN LANE! May be tip off for draw - keep pressure on quarterback balance.
 - A. Contain rushers force quarterback up - inside rushers force quarterback back.
 - B. Do not allow quarterback to step up or roll out.
6. YOU HAVE NO MORE THAN 3 SECONDS! You do not have time for three or four moves.
7. BE UNDAUNTED by a missed grab or butt. Be ready with a counter move, keep working, get penetration.
8. USE HIS TECHNIQUE AGAINST HIM!
 - A. If blocker is giving ground, use power moves.
 - B. If blocker is meeting you on line, use finesse moves.
 - C. Take advantage of anything he gives you.
 - D. If blocker's set takes away your original move, counter with another move.

BASIC MOVES - FOR PASS RUSH (3 SECOND TIME LIMIT)

A. "POWER MOVE"

Drive shoulder and forearm under either shoulder of blocker and drive him back to quarterback. Get shoulder under blocker, hold leverage and momentum throughout the drive. Keep your head up. This move will set him up for other pulls and jerk moves.

B. "SPEED MOVE"

Drive shoulder through outside shoulder of blocker moving up the field as quickly as possible. At times try not to make any contact with blocker, beat him with speed to quarterback.

C. "JERK AND SWIM MOVE"

On snap of ball, staying low - drive into blocker, using a hard upward hand shiver, trying to get him stood up and off balance. With one continuous movement, try to jerk or turn one of his shoulders across your body and with the off arm, using an overhead swim move getting your shoulder past his and on the way to quarterback. Most important, do not wrestle with blocker, keep your feet moving forward all the time.

D. "RIP - MOVE"

This move starts the same as the jerk and swim move with this exception - drive the off arm and shoulders under the blocker's shoulder and through toward the quarterback. Try to set the blocker up with a good head fake. Take as few false steps as possible. KEEP FEET MOVING AT ALL TIMES.

E. "HEAD BUTT - COMBINATION"

Drive into blocker with a tough hand shiver mole and at the same time, drive your face mask into blocker's face (use your forehead) not the top of the head. Then, using a (jerk and swim) or a (rip) move, force your way to the quarterback. This move must be done with toughness and speed.

F. The POSITION of BLOCKER'S ARMS determines the technique you might use - JERK AND SWIM and RIP technique.

1. If the blocker's arms and hands are in a LOW POSITION, use the SWIM MOVE.
2. If blocker's arms are in HIGH POSITION, use the RIP MOVE.

PASS RUSH MOVES FOR LINEMEN

A.

1. Jerk and swim move
2. Rip move
3. Head butt - jerk and swim (combination) move
4. Speed move
5. Power move

B. "FALSE" MOVES THAT GET BLOCKER TO MOVE

1. False step
2. Head fake
3. Forearm fake
4. Butt fake
5. Hand fake blow

C. PASS RUSH RESPONSIBILITIES FOR LINEMEN

1. Get rid of blocker quickly (do not play with blocker).
2. Stay in pass lanes.
3. Get penetration - hurry pass.
4. If assignment is to (contain) - do so - drive for outside shoulder of quarterback.
5. Pressure rushers - get hands up - do not jump, drive for quarterback and strip him.

D. REQUIREMENTS OF A GOOD PASS RUSHER

1. Quick feet
2. Strong upper body (arms and shoulders)
3. Concentrate on techniques
4. Be aggressive
5. Know and study opponent
6. Know down and distance at all times

DEFENSIVE SECONDARY PLAY

GOAL AND THEORY

The goal of the defensive secondary is to prevent the long touchdown run or pass and to combine with the defensive front in stopping the long, sustained drive by our offensive opponent. "Big Plays" are eliminated by pursuit and tackling; therefore, much of what we need to do in order to be successful is labeled DESIRE.

You must also realize that we are on defense to either score or turn the ball over to our offense in good field position. This can be accomplished with interceptions, fumble recoveries, blocked kicks, and punt returns.

The deep back category consists of two corners and two safeties. The secondary is the last line of defense and must accept the challenge and responsibility for the elimination of the "Big Play."

The Defensive Secondary Has Two Primary Functions

- A. A defense against the End Run - and Play Pass.
- B. A defense against the Passing Game.

A good defensive back must have confidence that he can cover his area and tremendous desire to get the ball when it is thrown. Work and develop your confidence until you hope the passer will throw in your area. There are five phases of pass defense. Strive daily to improve in our drills.

1. Mental Toughness
 - a. Confidence
 - b. Concentration
2. Position (Stance and Alignment)
 - a. Receiver
 - b. Field
3. Anticipation
4. Reaction
 - a. Keep eyes on passer
 - b. Increase interception distance
 - c. Play the ball
5. Preparation
 - a. Know the game situation
 - b. Know your opponent

CONCEPTS OF ZONE COVERAGE

There are five factors that affect technique in zone pass defense. They are, in sequence:

1. Field Position - Those areas affected or threatened laterally by the ball being on the hashmark or in the middle of the field.

Those areas affected or threatened vertically either by distance to the down markers or end zone.

2. Formation/Backfield Set - How the perimeter is being threatened by receivers and placement of backs.

- A. Single Width - Twin, slot or double tight.

- B. Double Width - Pro formation and/or twin with Y flex and relative distance of receivers from the ball.

- C. Doubles Set - Two primary receivers on each side of the ball (balanced).

- D. Trips Set - Three primary receivers on one side of the ball.

- E. "I" Backs - Equal strength to both sides of the ball but limited in attacking perimeter laterally and vertically.

- F. "Split" Backs - Equal strength to both sides of ball with equal ability to attack perimeter laterally and vertically.

- G. "Brown" Set - Greater strength to single receiver side to attack perimeter laterally and vertically. Limited ability to two receiver side.

- H. "Strong" Set - Greater strength to two receiver side; limited ability to attack single receiver side.

3. Flow: Movement of backs and ball in relationship to offensive lineman, which define ability to attack the perimeter laterally.

- A. Split/Divided Flow - Equal ability to attack both sides of offensive formation. (Set point usually inside tackle box.)

- B. Full Flow (Play Action) - Equal ability to attack both sides of formation with greater emphasis on attacking under-coverage in the direction of flow. (Set point inside tackle box.)

Split Flow (Counter/Boot Action) - Limited ability to attack both sides of formation. Greater tendency to attack perimeter in direction of ball or opposite backs. (Set point inside or outside of tackle box depending upon nature of escort blockers.)
- C. Full Flow - Limited in direction opposite of flow. Generally ball is thrown on the move to receivers who are maneuvering in the same direction as quarterback.
- 4. QB Set Point (Vertically) - Depth at which QB releases ball which has a direct correlation on depth of patterns.
 - A. 3 Step Drop - Quick routes by receivers (5 yard depth) or timed take-off route.
 - B. 5 Step Drop/7 Yard Set-Up Point - Intermediate routes by receivers usually in the 14-18 yard range, also delays.
 - C. 7 Step Drop/9 Yard Set-Up Point - Deep routes by receivers usually stretching the perimeter vertically to its maximum.
- 5. Pass Patterns
 - A. Vertical Stretch - Ability to extend perimeter to its maximum in terms of depth.
 - B. Horizontal Stretch - Ability to extend perimeter to its maximum in terms of width.
 - C. Combination Theory - Ability to affect perimeter inside and outside in terms of under-coverage on either the horizontal plane, vertical plane, or both.
 - D. Front and Back Theory - Ability to affect perimeter in terms of horizontal stretch on two distinct vertical planes.
 - E. Flood Theory - The addition of another receiver utilizing the same horizontal stretch, but incorporating a third vertical plane.

ALIGNMENT ON SPLIT RECEIVER

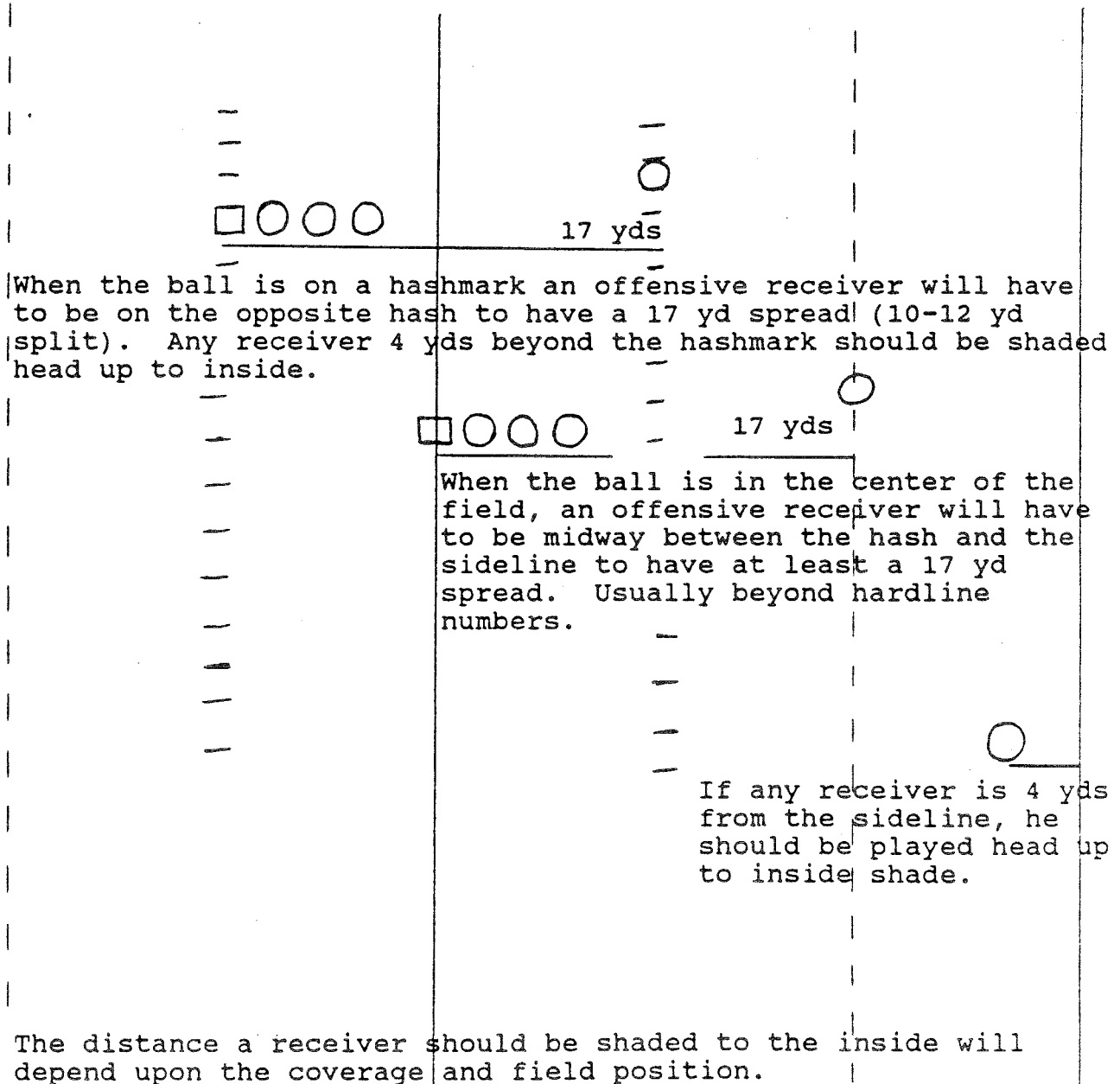
When possible, we want to take an outside position on a receiver. This allows us to look through the receiver to the ball and keeps all receivers in our line of vision.

There are 3 instances in which a corner will take an inside position on a split receiver. 1) When the receiver is split more than 20 yards from the ball.

2) When the receiver is closer than 4 yards from the sideline.

3) When coverage dictates inside alignment.

8 1/2 yds 8 1/2 yds 8 1/2 yds 8 1/2 yds 8 1/2 yds 8 1/2 yds



M.B. Certain formations and coverages will dictate our preference for an outside alignment, regardless of distance from the ball.

DISGUISE

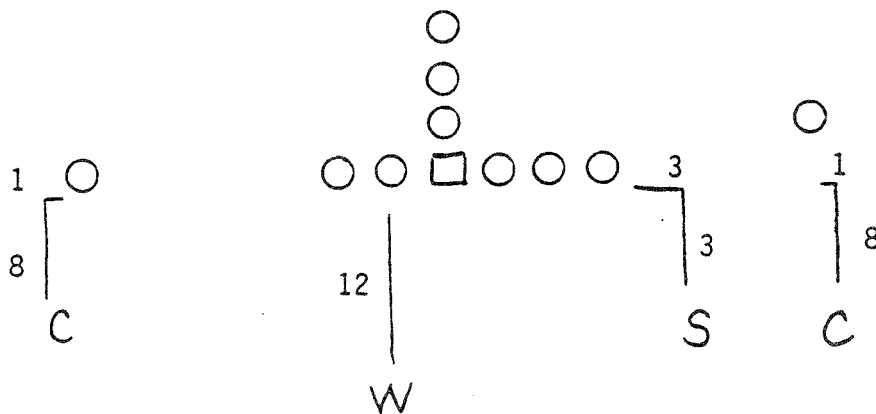
The technique of concealing the coverage scheme/concept (zone/man to man) and concealing the perimeter and support scheme, and the type of techniques to be employed.

Many times the success or failure of a coverage is based upon the element of surprise and the ability of the offense to change the play at the L.O.S. (audible).

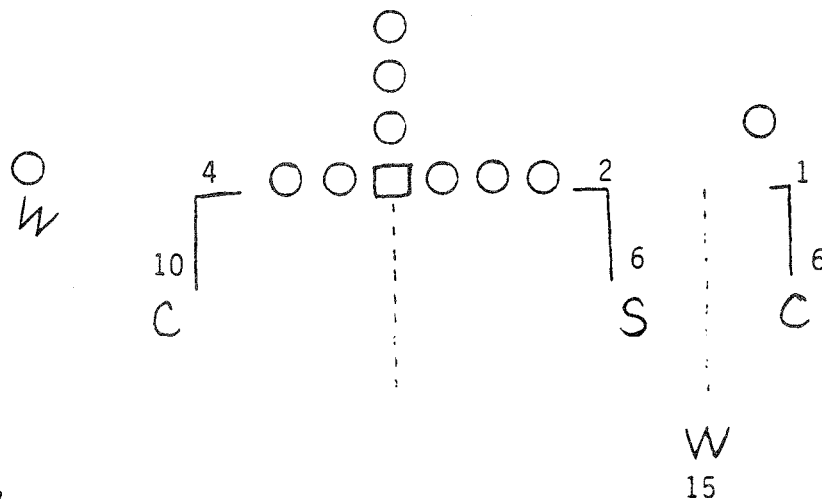
QB's generally read the weak safety for balance or unbalance in the secondary, the SS for the type of force (sky/cloud) and a corner for man or zone.

Our method of disguise will be two fold:

1. Our pre-snap alignment will show balance in the secondary by the free safety. No pre-snap force indication and zone by both corners.



2. Our pre-snap alignment will show strength in an area that is weakest by the nature of the coverage.



*Show 6/Play 3

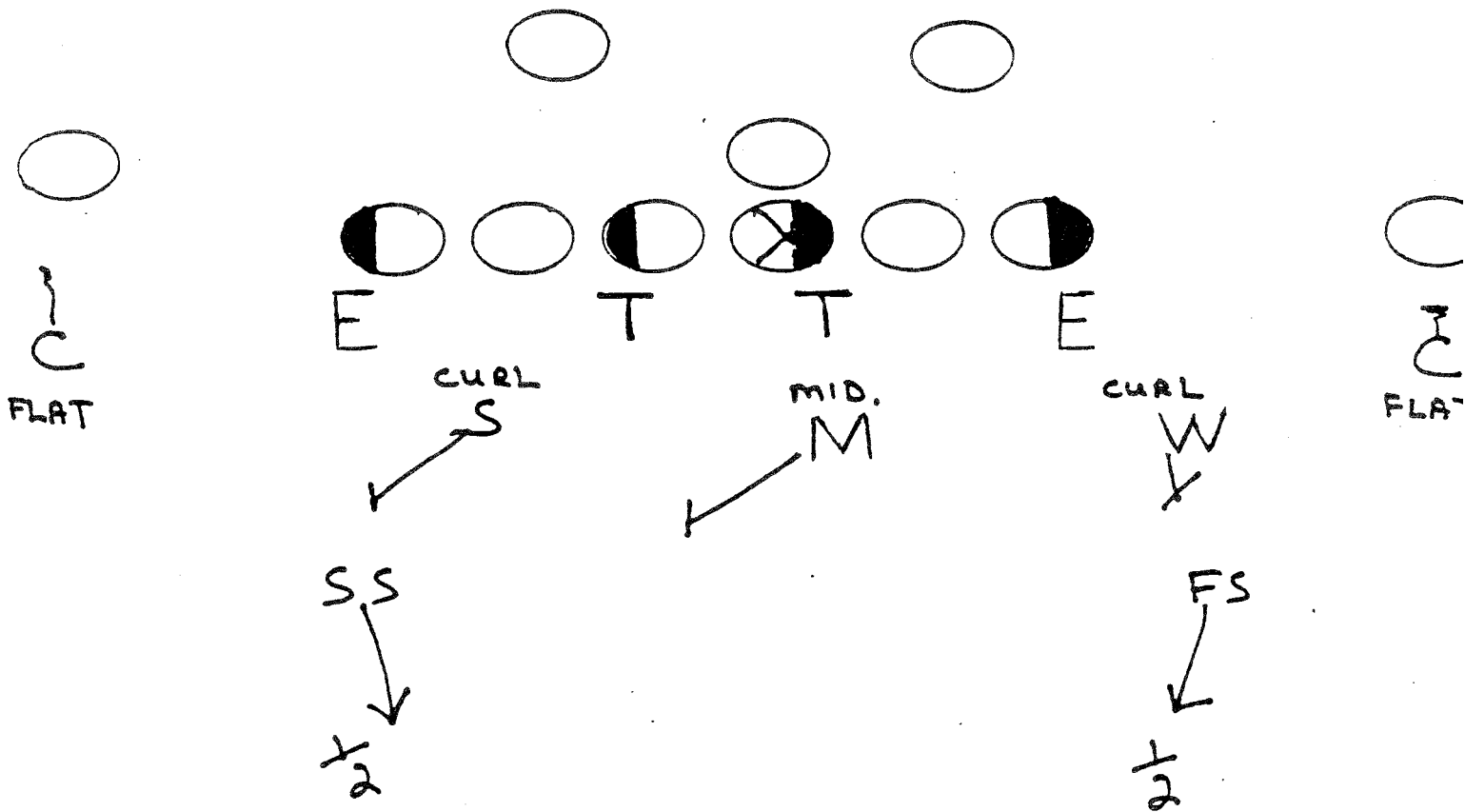
DISGUISE - continued

The amount of time you disguise is governed by:

1. The length of cadence.
2. The ability of offense to audible.
3. Two minute/prevent line up with or without disguise.

Never threaten the concept of the coverage by not securing your area of responsibility through the technique of disguise.

2 DEEP ZONE



Cover 2 is a 2 deep, 5 short zone coverage. Both safeties are responsible for one-half of the field. The corners and linebackers are responsible for the 5 underneath zones.

COVER 2

ALIGNMENT	KEY	RESPONSIBILITY
<u>SAM</u> 50 - 60	Back Uncovered Lineman Ball	Open strong wall off tight end while working to curl 10-12 yards. If tight end goes up, run with him. Be alert for #3 out strong.
<u>MIKE</u> 10 - 20	Back Uncovered Lineman Ball	Open strong, work to middle of field 10-12 yards deep. Check for back delays, screens. Drop back: Look to wall, tight end. Play action: Get depth.
<u>WILL</u> 60	Back Ball	Weakside curl 10-12 yards deep. If #2 goes up, run with him. Play action away: Look for tight end cross.
<u>ST. CORNER</u> 1 yard out- side and 5 yards deep	#1 to Ball. See #2 and #3 for total picture.	Flat responsibility. Collision #1 and force him inside. Clue #2. If #2 is out, sink for post corner and break up on arm. If #2 is up, get depth and take away out-side seam from #1.
<u>ST. SAFETY</u> On hash 12 yards deep	#2 to Ball. See #1 and #3 for total picture.	Deep $\frac{1}{2}$ responsibility. If #2 or #3 are up, maintain position and break on ball. If #2 is out and not #3, push off hash to #1.
<u>FREE SAFETY</u> On hash 12 yards deep	Ball through weakside line- man. See #1 and #2 for total picture.	Deep $\frac{1}{2}$ responsibility. If #2 is up, maintain position and break on ball. If #2 blocks or is out, push off to #1. Do not forget #2 or #3 strong.
<u>WK. CORNER</u> 1 yard out- side and 5 yards deep	#1 to Ball. See #2 for total picture.	Flat responsibility. Collision #1 and force him inside. Clue #2. If #2 is out, sink for post corner and break up on arm. If #2 is up, get depth and take away out-side seam from #1.

2 DEEP ZONE FREE SAFETY & STRONG SAFETY TECHNIQUE

Run flow to your side, you should force to a point outside and behind corner support. You must make the play if the runner breaks outside containment or breaks inside containment, then outside. If a run flow is away from you, force the ball from inside out. You must make the play if the ball breaks inside the containment and up the field or back inside.

Pass flow to your side or DBP, you must maintain position on receivers, being as deep as the deepest man in your zone and being able to break on either receiver if the ball is thrown deep. You push off of hash if #2 is no threat up inside.

Pass flow away from you, know that the short cover man is getting depth to your side and is playing man on wide receiver if there is no threat back in his face. Therefore, you can push off of hash if it is full sprint flow away.

You must know receivers in your zone and have eyes on quarterback and break quick on arm.

2 DEEP ZONE STRONG SAFETY & CORNER TECHNIQUE

Align 1 yard outside and 2-6 yards off of wide receiver and facing inside. Look through receiver to the ball. If run flow is to you, use one of the following techniques:

1. Speed Technique - Outrun receiver inside and contain.
2. Outside Force - Meet receiver outside-in, then move around him quickly and force back inside.
3. Outside Fake - Make an upfield move to receiver's outside and make him commit. Then beat him with an inside move.
4. Grab and Pull - Hand shiver receiver head up. Then pull and swim over either inside or outside.

After you have cleared the block of the receiver, take on force hard and you must turn the ball inside.

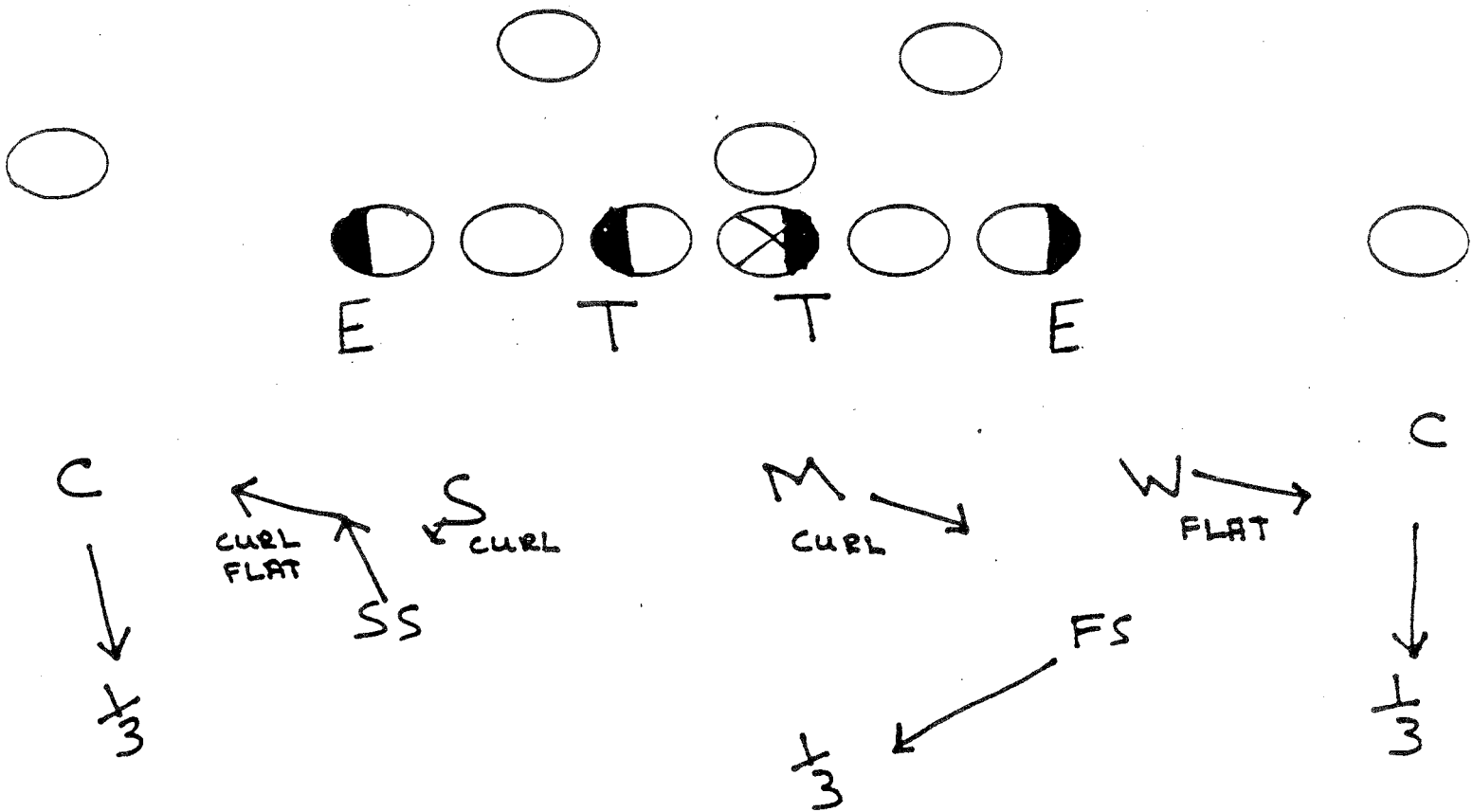
If run flow is away, start back giving ground and holding a position on receiver for play pass. After run is definitely away, take proper pursuit angle. You will be the last man for run support.

If it is pass, either DBP or flow pass to you, you must contact receiver and funnel him inside looking for #2. If #2 remains up, you should squeeze receiver inside looking for any threat coming back at you from the inside. When you lose contact with receiver and you have no inside threat, you must sink back so the post-corner route must be thrown over you and underneath the safety.

If the receiver releases outside so wide that he cannot be funneled inside, you must contact him with hands and force him outside, then roll back inside, getting depth with receiver, taking away whole route. If #2 breaks outside, you must level and play #2.

If you have pass flow away, you must get depth with receiver and play him like man to man, keeping inside position, if possible.

3 DEEP ZONE



Cover 3 is a 3 deep strongside coverage. There are 3 deep zones with 4 short zones underneath.

3 DEEP ZONE

ALIGNMENT	KEY	RESPONSIBILITY
<u>SAM</u> 50 - 60	Back Uncovered Lineman Ball	Strongside curl, drop 10-12 yards. If tight end goes up, wall off; then continue on curl drop.
<u>MIKE</u> 10 - 20	Back Uncovered Lineman Ball	Open to weakside of passing strength. Work hook to curl 10-12 yards deep.
<u>WILL</u> 60	Back Ball	Weakside flat drop - get under the out, no deeper than 8 yards.
<u>ST. CORNER</u> 1 yard outside and 8 yards deep	#1 to Ball Must see #2 & #3 for total picture.	Deep outside 1/3 responsibility. Play outside technique. See #2 for deep threat on out and up or flag. If free, look inside.
<u>ST. SAFETY</u> 5 yards outside and 5 yards deep	#2 to Ball	Curl to flat responsibility. Drop to curl and buy time for Sam, then take away flat.
<u>FREE SAFETY</u> Middle of Formation & 10 yards deep	Ball through Weakside lineman	Deep middle 1/3 responsibility. Read ball and quarterback. Think of post from #1 either side. Do not jump short crossing routes.
<u>WK. CORNER</u> 1 yard outside and 8 yards deep	#1 to Ball See #2 for total picture.	Deep outside 1/3 responsibility. Play outside technique. See #2 for deep threat on out and up or flag. If free, look inside.

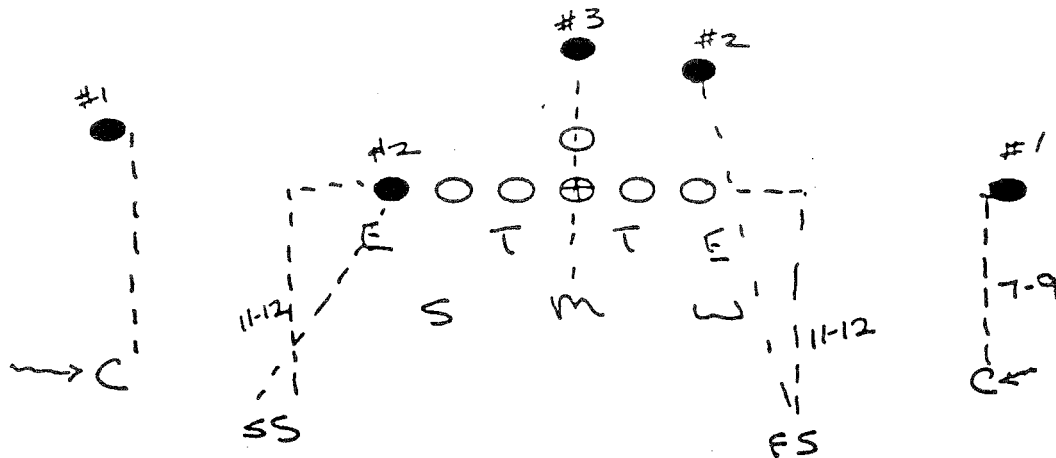
COVER 8

"switch" call (1/4's cov.)

POSITION	ALIGN.	END RUN FORCE	PASS TECHNIQUE	COACHING POINTS
SAM		BACKER OR READ	CURL TO FLAT	"GONE" CALL TO DE IF REMOVED. "IN" AND "OUT" CALL WITH TE RELEASE. LISTEN FOR "WHEEL" ALERTS. WORK TO 14 YARDS.
MIKE		1 AND 3 GAP TO BALL	WORK OFF #3, STRONG HOOK	OPEN OFF OF #3. COLLISION VERTICALS. GET EYES BACK TO QB. SEE THE BALL THROWN. WORK TO 14 YARDS.
WILL		BACKER OR READ	CURL TO FLAT	"BUMP" CALL TO MLB IF REMOVED. LISTEN FOR "WHEEL" ALERTS. COLLISION #2 VERTICAL WHEN REMOVED. WORK TO 14 YARDS.
FIELD CORNER	INSIDE #1, 8 YARDS DEEP	SAFETY/BACKER ALERT FOR CRACK (YOU ARE SECONDARY SUPPORT)	OUTSIDE 1/4. KEY BALL LANE TO #2	1) KEY #2 RECEIVER. IF #2, RUN FLAT. WORK TO OUTSIDE POSITION ON #1; EXPECT S/S HELP. 2) IF #2 RUNS VERTICAL, PROTECT THE POST AND KEY. 3) IF #2 RUNS CROSS, STAY INSIDE. SQUEEZE AND RUN WITH #1.
STRONG SAFETY	4 YARDS OUTSIDE TE, 8-10 YARDS DEEP, DISGUISE	SAFETY/BACKER ALERT FOR CRACK	INSIDE 1/4 OR ROB #1 ON READ	1) KEY #2. IF VERTICAL ROUTE, PLAY OVER THE TOP OF HIM (INSIDE 1/4). 2) IF #2 RUNS FLAT, PLAY UNDERNEATH ALL INSIDE ROUTES OF #1 (POST CURL). 3) IF #2 CROSSES, GET DEPTH INSIDE 1/4. ALERT FOR #3. HELP ON #1.
FREE SAFETY	2-3 YARDS OUTSIDE WEAK TACKLE, 10 YARDS DEEP DISGUISE	SAFETY/BACKER ALERT FOR CRACK	INSIDE 1/4 OR ROB #1 ON READ	1) SAME SS. 2) IF WEAK BACK BLOCKS, ZONE INSIDE 1/4, CHECK #3 STRONG HELP #1. 3) VS. TRIPS, MAKE CALL TO CORNER KEY #3. IF #3 VERTICAL, COVER HIM. ANY OTHER RELEASE ZONE 1/3.
BOUND. CORNER	INSIDE #1 8 YARDS DEEP	SAFETY/BACKER ALERT FOR CRACK (YOU ARE SECONDARY SUPPORT)	OUTSIDE 1/4 KEY BALL LANE TO #2	1) SAME AS STRONG CORNER. 2) VS. TRIPS, BE ALERT FOR CALL FROM SAFETY MAN-TO MAN ON #1. 3) ALERT WHEEL CALL.

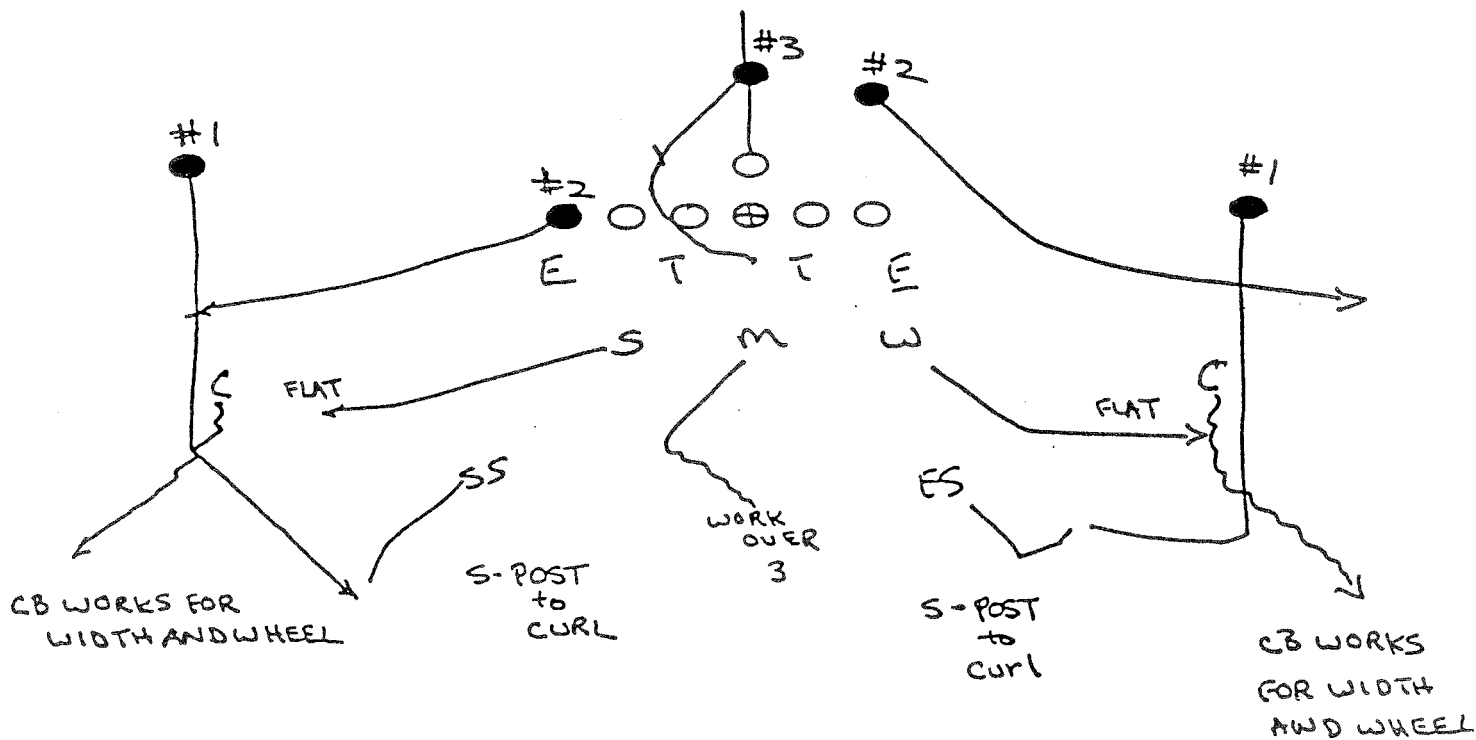
COVER 8: (1/4, 1/4, 1/4, 1/4) CB TECH: 1/4
FS-SS TECH: READ

SLB-WLB: CURL TO FLAT
MLB: DROP OVER #3

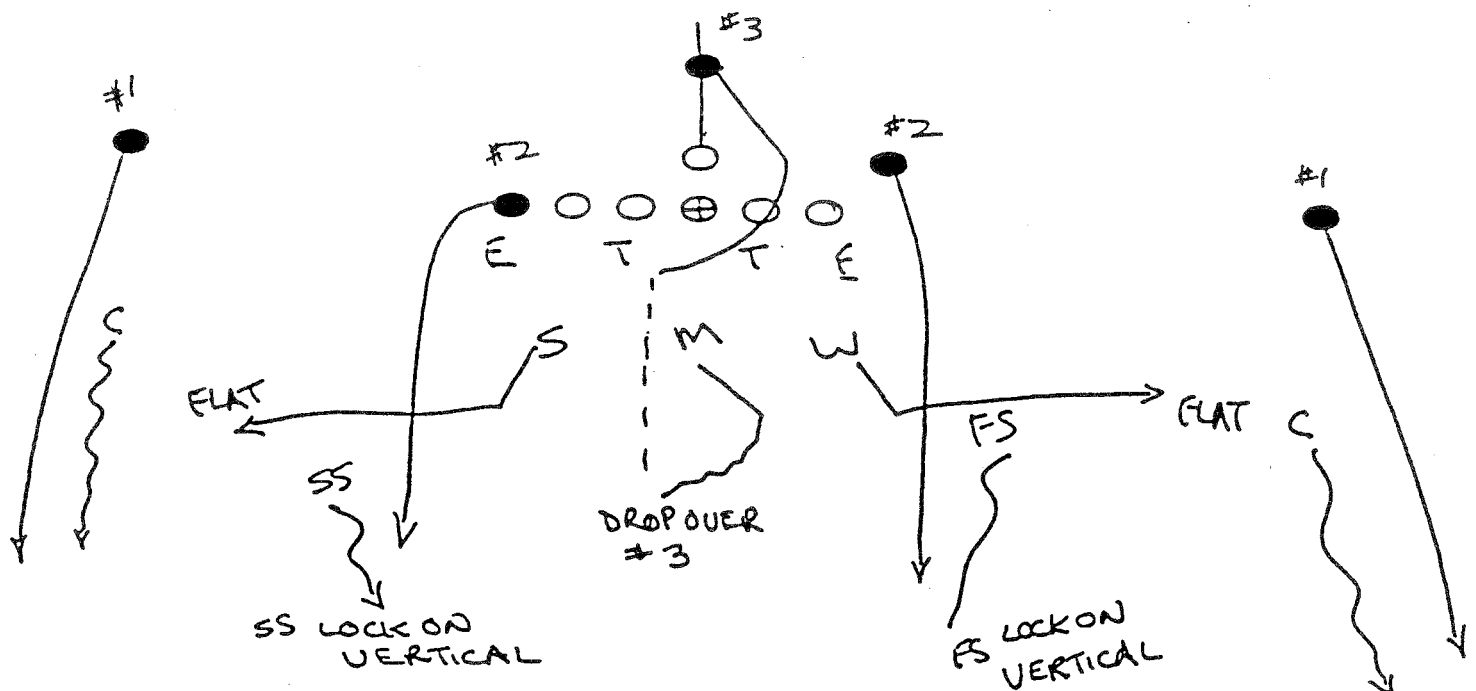


SECONDARY PROGRESSION: BALL LANE TO RECEIVER RELEASE

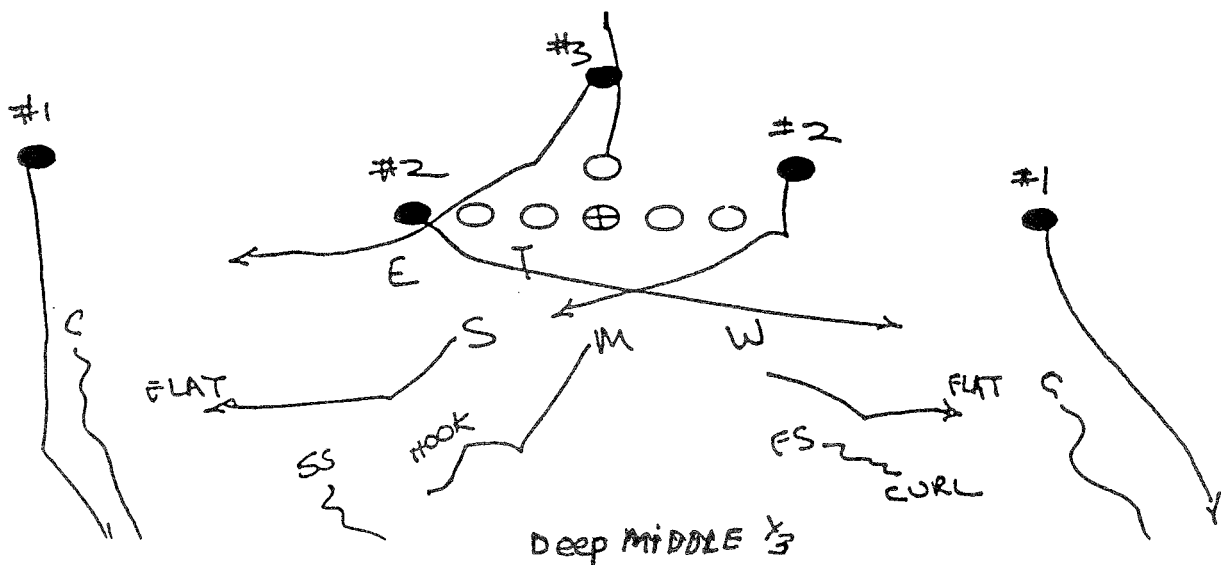
COVER 8 RELEASES: (1) DIAGONAL OUTSIDE (FLAT)

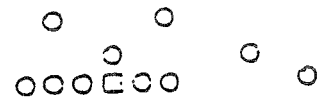
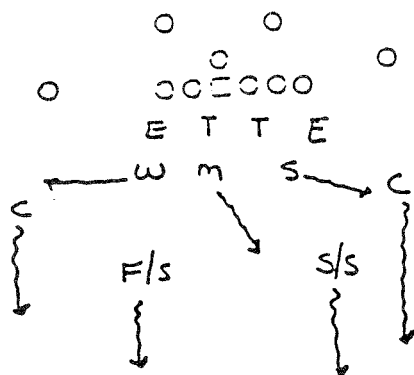


COVER 8 RELEASES: (2) VERTICAL (UPFIELD PAST 10-12 YDS.)

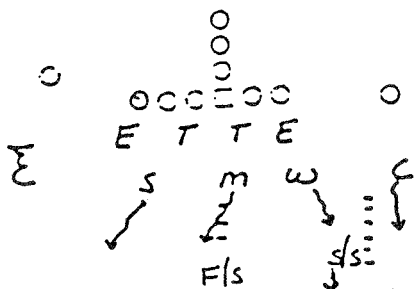


COVER 8 RELEASES: (3) DIAGONAL INSIDE (CROSSING OR DRAG)

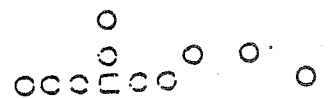
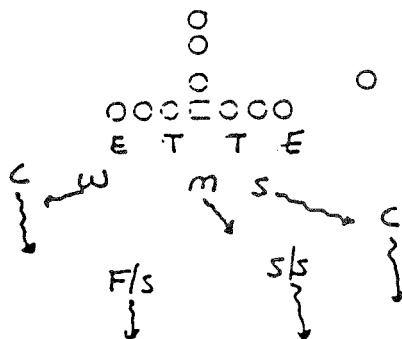
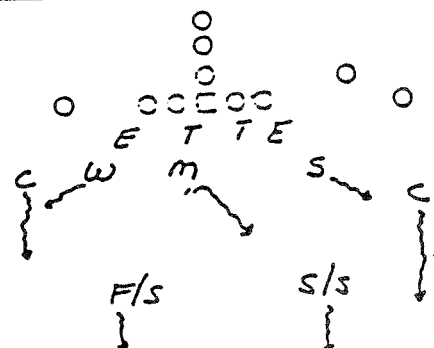




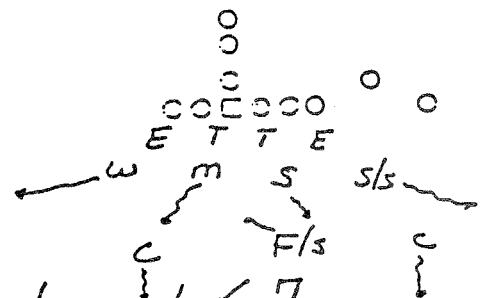
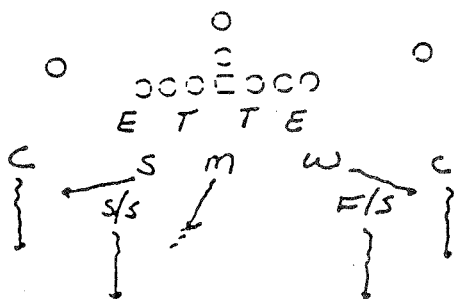
2nd Digit (check to cov. 3)



Form into Boun. ✓ 4 ($\frac{1}{4}$ $\frac{1}{4}$ $\frac{1}{2}$)



2nd Digit (check to cov. 3, OR 2 SQUAT)



Unbalanced ✓ 7

7 - (FS Robben) Cover 2 concept